

# Granola

Grains/Breads

Breakfast

J-01

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Rolled oats	1 lb 12 oz	2 qt 1/2 cup	3 lb 8 oz	1 gal 1 cup	1. Combine the rolled oats and peanut granules (optional) in a large bowl.
Peanut granules (optional)	8 oz	1 1/2 cups	1 lb	3 cups	
Brown sugar	6 oz	1 cup	12 oz	2 cups	2. Mix the brown sugar, apple juice, vegetable oil, honey, salt, cinnamon, and vanilla in a stock pot. Stir well to dissolve sugar. Heat on medium for 4 minutes. Do not boil.
Apple juice		1 cup		2 cups	3. Add the brown sugar mixture to the oats and peanuts. Toss to evenly coat.
Vegetable oil		1/4 cup		1/2 cup	4. Spread 3 lb 7 oz of this mixture on each 18" x 26" x1" sheet pan.
Honey	11 oz	1 cup	1 lb 6 oz	2 cups	To Bake: Conventional Oven: 250 degrees F, 1 hour 15 minutes Convection Oven: 200 degrees F, 1 hour 15 minutes Stir granola every 15 minutes.
Salt		1 tsp		2 tsp	
Ground cinnamon		1 Tbsp		2 Tbsp	
Vanilla		1 Tbsp		2 Tbsp	5. Remove from oven. Cool.
Raisins	8 oz	1 1/2 cup	1 lb	3 cups	6. Mix in raisins.

SERVING:	YIELD:	VOLUME:
1/4 cup provides 1 serving of grains/breads	<b>50 Servings:</b> 3 lb 6 oz	<b>50 Servings:</b> 3 qt 1 1/2 cups
	<b>100 Servings:</b> 6 lb 12 oz	<b>100 Servings:</b> 1 gal 1 qt 3 cups

Special Tips:

1) Granola will keep nicely if stored in a tightly covered container in a cool place.

2) Great served over puddings, yogurt, or ice cream.

# Granola

Nutrients Per Serving					
Calories	119	Saturated Fat	.3g	Iron	.9mg
Protein	3g	Cholesterol	0mg	Calcium	16mg
Carbohydrate	23g	Vitamin A	2 RE/15 IU	Sodium	49mg
Total Fat	2.1g	Vitamin C	0mg	Dietary Fiber	2g
Thiamin		Riboflavin		Niacin	
Phosphorus		Potassium			

# Breakfast Burrito With Salsa

Meat-Vegetable-Grains/Breads

Breakfast

J-02

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Frozen whole eggs, thawed OR	6 lb 4 oz	3 qt	12 lb 8 oz	1 gal 2 qt	1. In a mixer, using a paddle attachment, blend the eggs, corn, milk, green peppers, onions, tomatoes, prepared mustard, granulated garlic, hot pepper sauce, and salt.
Fresh large eggs		50 each		100 each	
Frozen corn	10 oz	2 cups	1 lb 4 oz	1 qt	
Lowfat milk		3/4 cup		1 1/2 cups	
*Fresh green peppers, diced OR	12 oz	2 1/2 cups	1 lb 8 oz	1 qt 1 cup	
#Dried green peppers		1/4 cup		1/2 cup	
*Onions, diced OR	14 oz	2 1/4 cups	1 lb 12 oz	1 qt 1/2 cup	
#Dried minced onions	10 oz	1/4 cup	1 lb 4 oz	1/2 cup	
*Fresh tomatoes, diced	2 oz	1 cup	4 oz	2 cups	
Prepared mustard		1/4 cup		1/2 cup	
Granulated garlic		2 tsp		1 Tbsp 1 tsp	
Hot pepper sauce		1 Tbsp		2 Tbsp	
Salt		2 tsp		1 Tbsp 1 tsp	2. Pour 1 gal 2 cups of the above egg mixture into each oiled 12" x20" x2 1/2" steam table pan. Cover with foil or metal lid. To Bake: Conventional Oven: 350 degrees F, 60 minutes Convection Oven: 325 degrees F, 50 minutes Compartment Steamer: 30 minutes  CCP Heat to 145 degrees F or higher for 3 minutes.
Flour tortillas, 7-inch		50 each		100 each	3. Arrange 25 tortillas in each 12" x20" x2 1/2" steam table pan, so that they overlap. To Heat: Compartment Steamer: 2 to 3 minutes, covered with plastic wrap Conventional Oven: 300 degrees F, 3 minutes covered with a clean damp cloth Convection Oven: 300 degrees F, 3 minutes covered with a clean damp cloth
Canned salsa	3 lb 2 oz	1 qt 2 cups	6 lb 4 oz	3 qt	4. CCP Hold for hot service at 140 degrees F or higher.  Fill each tortilla with a No. 10 scoop of cooked egg mixture.

# Breakfast Burrito With Salsa

5. Serve each burrito with 2 Tbsp (1 oz) of salsa as a garnish.

Comments:  
\*See Marketing Guide.

#Rehydrate using an equal amount of water. Do not drain.

Marketing Guide		
Food as Purchased	For 50 Svgs	For 100 Svg
Green peppers	15 oz	1 lb 14 oz
Onions	1 lb	2 lb
Tomatoes	11 oz	1 lb 6 oz

SERVING:	YIELD:	VOLUME:
1 burrito provides 2 oz of meat, 1/4 cup of vegetable, and 1 serving of grains/breads	<b>50 Servings:</b> 9 lb 12 oz (filling)	<b>50 Servings:</b>
	<b>100 Servings:</b> 19 lb 8 oz (filling)	<b>100 Servings:</b>

Special Tips:  
For best results, cook egg filling in a steamer.

# Baked French Toast Strips

Meat-Grains/Breads

Breakfast

J-03

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
"Texas Toast" white bread, 1/2" thick (1 1/2 oz slices)	3 lb 5 oz	35 slices	6 lb 10 oz	70 slices	1. Cut each slice of bread into 3 even strips. Arrange 35 of these strips of bread in each lightly greased 12" x20" x2 1/2" steam table pan.
Frozen whole eggs, thawed OR	2 lb 14 oz	1 qt 1 3/4 cups	5 lb 12 oz	2 qt 3 1/2 cups	2. Combine the eggs, milk, sugar, salt, and vanilla in a mixing bowl. Mix for 5 minutes, using a paddle attachment, until ingredients are well blended.
Fresh large eggs		25 each		50 each	3. Pour 1 qt 1 cup of egg mixture over each pan of bread strips.
Lowfat milk		1 qt 2 cups		3 qt	
Sugar	10 oz	1 1/4 cups	1 lb 4 oz	2 1/2 cups	4. Cover pans with plastic wrap and chill for 4 to 24 hours.
Salt		1 1/2 tsp		1 Tbsp	
Vanilla		1 Tbsp 1 tsp		2 Tbsp 2 tsp	5. Sprinkle cinnamon of top. 6. CCP Heat to 145 degrees F for 3 minutes.  Conventional Oven: 425 degrees F, 35 minutes Convection Oven: 375 degrees F, 20 minutes
Ground cinnamon		2 tsp		1 Tbsp 1 tsp	
					7. CCP Hold for hot service at 140 degrees F or higher.  Serve with Spiced Apple Topping (G-9), lowfat yogurt, fresh fruit, or maple syrup.

SERVING:	YIELD:	VOLUME:
2 strips provides 1 large egg and 1 serving of grains/breads	<b>50 Servings:</b> 9 lb	<b>50 Servings:</b>
	<b>100 Servings:</b> 18 lb	<b>100 Servings:</b>

# Baked French Toast Strips

Meat-Grains/Breads

Breakfast

J-03

Nutrients Per Serving					
Calories	157	Saturated Fat	1.2g	Iron	1.2mg
Protein	7g	Cholesterol	112mg	Calcium	73mg
Carbohydrate	23g	Vitamin A	67 RE/226 IU	Sodium	301mg
Total Fat	3.8g	Vitamin C	0mg	Dietary Fiber	1g
Thiamin		Riboflavin		Niacin	
Phosphorus		Potassium			